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THE UNIVERSITY OF ALBERTA

SOCIAL ADJUSTMENT OF KENYAN UNMARRIED MOTHERS

BY

(C) MRS. JOSEPHINE WAGIO MAINA

A THESIS

SUBMITTED TO THE FACULTY OF GRADUATE STUDIES AND RESEARCH

IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE DEGREE

OF MASTER OF SCIENCE

IN FAMILY STUDIES

FACULTY OF HOME ECONOMICS

EDMONTON, ALBERTA

SPRING, 1988

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FACULTY OF GRADUATE STUDIES AND RESEARCH

The undersigned certify that they have read, and recommend to the Faculty of Graduate Studies and Research, for acceptance, a thesis entitled SOCIAL ADJUSTMENT OF KENYAN UNMARRIED MOTHERS submitted by Josephine Wagio Maina in partial fulfilment of the requirements for the degree of MASTER OF SCIENCE.

...Brenda C. Munro.....
Supervisor

.....Moral Keating.....

.....George L. Gibbons.....

Date..April 6, 1988.....

DEDICATION

This work is dedicated to my loving and caring husband, Maina, who was with me every step of the way yet thousands of miles away.

To my wonderful children, Wanjiku and Kamau, who still called me Mummy and loved me even when they could not see or touch me for many long months.

And to Jesus Christ, my Lord, who was and still is the unseen but not unheard counselor, companion and my source of wisdom and strength. To Him be glory and honour for ever.

ABSTRACT

The purpose of this study was to investigate the level of social adjustment of Kenyan unmarried mothers as well as the resources available to them that help them adjust to their role responsibilities as adults and heads of families.

Data was collected from 55 never-married and 51 married Kenyan mothers living in the city of Nairobi, Nakuru, and Nyahururu townships using a questionnaire that consisted of Social Adjustment Scale of Self-Report, the General Well-Being Schedule, the Social Support Scale, and a section on demographic information on the respondents. The unmarried mothers' overall social adjustment as well as adjustment to specific role responsibilities was compared to that of the married mothers. The mean social adjustment score of the unmarried mothers' group was then regressed on the group's mean scores on personal, economic, and social resources. The relationship between resources and unmarried mothers' adjustment to specific role responsibilities that comprise the social adjustment scale (parenting, employment, leisure/social activities, interaction with one's own family of origin, housework, and financial adjustment) was also examined.

The results of the analysis showed that married

mothers were better adjusted in role responsibilities that relate to parenting, leisure/social activities, and finances. However, unmarried mothers were better adjusted to roles that relate to employment. General well-being (personal resource) and amount of monthly income (economic resource) emerged as the most significant resources related to overall social adjustment of unmarried mothers. Regression of specific role responsibilities on resources showed that general well-being and age at first childbrith (personal resources) were related to adjustment to housework, while monthly income (economic resource) and number of children were related to adjustment to leisure/social activities.

Implications of these findings to the Kenyan society were given, and suggestions for future research on Kenyan unmarried mothers were proposed.

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CHAPTER ONE

Introduction

Problem Background

In Kenya, the number as well as the proportion of unmarried mothers is reported to be on the increase (Mburugu, 1986). According to Mburugu, premarital fertility is gaining increasing acceptance among most Kenyan communities. This acceptance is partly attributed to declining chances of marriage for an increasing number of women as the institution of polygamy dies out. At the same time, the number of women of marriageable age (between 20 and 35 years) remains higher than that of the men in the same age group. According to 1979 national census figures, there were 51,054 more women in this age group than men (U.N. Demographic Yearbook, 1985).

The other reason to which premarital fertility is attributed is the increase of women who, in pursuit of higher education, career, or for whatever reason, delay marriage and are unable to secure compatible partners later (Mburugu, 1986). When some of these women become pregnant, they soon learn to accept their pregnancies on grounds that they are old and responsible enough to have children even though they are not married. A recent study (c.f. Mburugu, 1986) indicates that this category of unmarried mothers is

almost becoming an institution in its own right in Kenya.

Parenthood can be stressful even for two-parent families because it initiates changes in the parents' daily routine, finances, accommodation, emotions, behavior and relationships (Beck, 1984; Parson, 1983; Thompson, 1986). Thompson (1986) has identified a spouse as a resource to mothers in managing these changes because he shares parental responsibilities with the mother. Unmarried mothers take on the roles of a two-parent dyad single handedly in attempt to provide for both instrumental and expressive needs of her family. This calls for adjustment, not only to parenthood, but to the role of the sole family provider.

Adjustment is a process of change that a family or an individual goes through in attempt to meet the demands of a given life situation, through utilization of available resources (McCubbin & Patterson, 1983). "Process" denotes the dynamic, multidimentional nature of adjustment. According to McCubbin and Patterson (1983), the process of adjustment varies along a continuum from bonadjustment to maladjustment. An individual can therefore adjust to various life events in different ways and degrees. The level of adjustment is depicted in the role performance (function) of the family members. Availability of resources, and successful utilization of these resources

has been related to higher levels of adjustment (McCubbin & Patterson, 1983).

In this study, adjustment was defined in terms of how well Kenyan unmarried mothers functioned in role responsibilities-work, family, home, and leisure time (Pett, 1982; Rascke, 1981). This approach was chosen because it operationalizes the concept of adjustment of unmarried mothers. Independent variables in this study included social, economic, and personal resources which were found to be related to effective adjustment in the existing literature on single parents and those that seemed to be relevant to Kenyan culture. They included social support, economic resources, general well-being of the mother, as well as demographic information on mother's current age, number of children, experience in parental role, and level of education.

Statement of the Problem

Being a single mother requires adjustment to changes in status, routine, residence, emotions and relationships initiated by parenthood (Beck, 1984; Parson, 1983). It also requires that the mother take on the role of the bread-winner in the family. More often than not, economic resources of female-headed single parent families comprise the mother's earnings only. This present additional financial constraint (Beck, 1984; Crossman et al., 1982;

Lefauchuer, 1980; Parsons, 1983; Smith, 1980). The situation of most single mothers has been reported as one of deprivation and poverty due to lack of adequate level of education and skills sufficient for competitiveness in the job market (Lefaucheur, 1980; Parsons, 1983; Presser, 1980; Smith, 1980). While role acquisition has been reported to be more stressful than role loss (McCubbin & Patterson, 1983), deprivation and economic constraints are said to cause more stressful life events for all categories of single mothers as compared to the married mothers (Beck, 1984; Weinraub & Wolf, 1983).

For the never married mother, the degree of stress may be exacerbated by social isolation and feelings of disappointment following the birth of an illegitimate child (Beck, 1984; Crossman, et al., 1982). Stress has been defined as an actual or perceived imbalance between situational demands and personal or family resources ((McCubbin & Patterson, 1983; Menaghan, 1983). The imbalance can be triggered by a life event or a transition impacting upon the family or individual, which produces or has potential of producing change in the social system. A case in point would be the event of pregnancy and childbirth and the subsequent transition from single life to parenthood. Stress is characterized by multidimentional demand for adjustment or adaptive behavior (McCubbin & Patterson, 1983).

Dealing with the imbalance by using available resources is referred to as adjustment process ((McCubbin & Patterson, 1983). When any social system is enable to utilize the existing resources effectively, stress escalates to distress-disruption of established structure and patterns of interaction ((McCubbin & Patterson, 1983),

Consequently, according to Pett (1982), an effectively functioning single parent is like any well-functioning parent and must be able to satisfactorily function in her or his roles both as a parent and as an adult. In other words, the unmarried mother must be able to use the resources available to her in order to manage the imbalance that unmarried parenthood triggers. Therefore, the study attempted to answer the following questions:

1. How well adjusted are Kenyan unmarried mothers compared to Kenyan married mothers?

2. How is the level of social adjustment of Kenyan unmarried mothers related to personal, economic and social resources?

Purpose of the Study

In-serach for the answers to the above stated problem, the study will be carried out with two main objectives:

1. To investiage the level of social adjustment of Kenyan unmarried mothers as compared to the social adjustment of Kenyan married mothers.

2. To explore social adjustment as related to personal, economic, and social resources of Kenyan unmarried mothers.

Justification of the Study

Several reasons justify the study of social adjustment of Kenyan unmarried mothers.

The number as well as the proportion of unmarried mothers is reported to be on the increase in Kenya. Consequently, the fact that the unmarried mothers and their families are becoming a substantial subgroup of single parents justifies them to be specifically studied separate from the divorced, the separated, and the widowed mothers.

Unmarried mothers are reported to possess limited personal resources which are necessary for adjustment to parenthood (Lefaucheur, 1980; Parsons, 1983; Presser, 1980; Smith, 1980). This only hints that illegitimacy can be a social issue that the society may not afford to ignore. Knowledge of what enables unmarried mothers to function as individuals and heads of families would therefore have great implication in formulation of policies that govern the welfare of single parents. Little is known about such Kenyan families as to draw the attention of policy makers to a possibly growing social problem. It was hoped that the results of this study would go a long way in

enlightening the Kenyan society and policy makers on the needs of the unmarried mothers.

Finally, it was believed that the study would contribute to international research on the family. With the limited research that has been done on African families, it was hoped that this study would enable us to understand one aspect of the African family dynamics.

CHAPTER TWO

Conceptual Framework

The Double ABCX model (McCubbin & Patterson, 1983) has been chosen for investigation of social adjustment of Kenyan unmarried mothers for two reasons: (a) it provides a framework for identification and description of the process components of family behavior in response to a stressor. Among these components are adjustment and crisis-resistance resources; (b) the model was developed from Hill's (1954) ABCX model of crisis adjustment and was initially used to guide a longitudinal study of the coping process of families with husband/father absence and the concomittant provider role acquisition by mothers (McCubbin & Patterson, 1983); hence it provided the most appropriate framework within which to study the target group.

This study investiages the relationship between two variables among many mutually related concepts advanced in the Double ABCX model, namely Adjustment and Resources. Consequently, it is difficult to understand that part of the model which guided this study without a general understanding of the whole model. Hence it is necessary to discuss the model briefly.

The Double ABCX Model

The model (Figure 1) contains Factor A (the stressor event) which interacts with Factor B (crisis management resources) which in turn interacts with Factor C (the definition given to the event) to produce Factor X (outcome). The B and C factors lie within the family or the individual and are viewed in terms of the family or individual's structure as well as values.

A stressor is defined as a life event or transition which produces or has the potential of producing change in the family or individual's system. Stressors include normative transitions such as scheduled changes involving anticipated entrance into and exit out of family and social roles as a result of moving through the family or individual's life cycle. They also include non-normative transitions such as role changes which occur as a result of unanticipated hardships, strains resulting from families' or individuals' coping efforts, and ambiguity concerning changes the stressor event might require (Crossman et al., 1985; McCubbin & Patterson, 1983).

Crisis management resources (personal, social and economic) influence the family or individual's understanding of the situation. If the resources are viewed as inadequate to meet the demands of a stressor and the attendant hardships, the situation is likely to be defined as unmanageable and hence demand-capability

imbalance-stress-becomes evident. If the situation is not managed it may reach crisis level-disorganization, disruption or incapacity. This is in line with Pearlin and Schooler's (1978) argument that the way an experience is recognized and the meaning attached to it determine to a large extent the threat posed by that experience.

Stress may indicate the need for change in various areas of family and individual functioning, such as patterns of interaction, life goals, roles or values. Hardships are those demands on the family unit or individual specifically associated with the stressor event.

The model describes two phases through which families and individuals progress in their attempt to prevent stress from causing a crisis-disorganization or incapacitatedness. These are Adjustment and Adaptation phases. In the adjustment phase, the family or individual utilizes existing resources to meet the demands of a stressor. In adaptation phase, the family or individual realizes that existing resources have been ineffective in dealing with the stressor and the hardships arising from it. In order to restore some functional stability, structural changes are made which call for subsequent changes in an effort to consolidate and bring the entire system into working around the constituted changes. Hence the level of adjustment and adaptation depends on resources available to the family or individual and the ability to effectively utilize them in

meeting the demands of a stressor.

The major difference between Double ABCX model and Hill's ABCX model is that the Double ABCX model recognizes the effect of the family's or individual's situation prior to the occurrence of an identified stressor. McCubbin and Patterson (1983) argue that because family crisis evolve and are resolved over a period of time, families are seldom dealing with demand-capability imbalance of a single stressor and its hardships but in a "pile-up" of stressors and unresolved strains. That is, before the family or individual is able to resolve the demands of one stressor, one or two other stressors may be experienced, creating more demands for that family system or individual. Pile-up then can be defined as the cluster of normative and non-normative life events and their cummulative demands or strains (McCubbin & Patterson, 1983).

The focus of this study is on the adjustment phase of the coping process (Figure 1). Attention is paid to the relationship between those resources available to Kenyan unmarried mothers and their level of adjustment to adult and parental roles.

Figure 1. has been removed because of the unavailability of copyright permission. It contained the model for the adjustment phase of family crisis process by McCubbin and Patterson (1983).

Application of the Double ABCX Model to Adjustment to Unmarried Motherhood

The Double ABCX model is complex. For this reason, and for the purposes of this study, testing all the components of the model was not considered as necessary although they are by all means important. Consequently, although unmarried parenthood is considered as a stressor in this study (Factor A), the relationship between the mother's level of adjustment and resistant resources (Factor B) was the focus of interest.

Resources

Family resources influence the way families deal with a stressor and its hardships. According to Pearlin and Schooler (1978), resources do not refer to what people do, but what is available to them in developing their coping repertory. McCubbin and Patterson (1983) have categorized resources into three general types: existing resources, expanded resources and social and community resources.

Existing resources. The existing resources are those which are part of the family or individual's repertory and serve to minimize the impact of the initial stressor and reduce the probability of entering into crisis (McCubbin & Patterson, 1983). Such resources include the ability to nurture and meet the expressive needs of the family, manage the home, and to sublimate by engaging in hobbies,

recreation or work, as well as utilizing the family togetherness, role flexibility, and shared values.

Personal resources also include an individual's psychosocial traits such as persistence, tenacity, assertiveness, resourcefulness, personal initiative, ability to utilize community resources, and hopefulness (Pine, 1985). Utilizing these resources in stress situations could be a result of inherent psychological set-up of the individual. For example, self-esteem is believed to influence the way individuals define a situation and hence influence the strategy used for coping. Coppersmith (1967) defines self-esteem as the evaluation which the individual makes and customarily maintains with regard to him/herself. It expresses an attitude of approval or disapproval and indicates the extent to which the individual believes he or she is capable, significant, successful and worth. In short, self-esteem is expressed in the attitude held towards oneself. In several studies Coppersmith found that people with higher self-esteem were happier and more efficient in meeting environmental demands than were those with low self-esteem.

Expanded resources. Expanded resources are those which are developed or strengthened by the family or the individual dynamics in response to the additional demands emerging out of the stressor event or as a result of pile-up (McCubbin & Patterson, 1983). For example, the

unmarried mother may look for employment, on-job training, initiate a business or go back to school in order to enhance her earning potential. These opportunities for development may also serve to enhance the mother's self-esteem and self-reliance. Expanded resources include use of kin and friends to meet family needs, participation in community groups which would offer various benefits such as encouragement, concrete guidance, empathetic understanding as well as sense of membership (McCubbin & Patterson, 1983).

Social and community resources. Social and community resources refer to what the society offers to families and individuals in stress situations in order to help them manage demand-capability imbalance in their functioning. This may be in the form of community facilities such as health care and financial subsidies, and support from social networks.

One's social support network is self-chosen. This choice is influenced by personal characteristics, culture, and the availability of resources (Palisuk & Parks, 1981; Pearlin & Menaghan, 1981). Pearlin and Menaghan (1981) found that a support system is not necessarily coexistent with a social network. That is, if one possesses a family, friends, and other acquaintances, one is not necessarily the automatic beneficiary of social support.

Pearlin and Menaghan (1981) argue that social support

is given depending on the quality of the relationship existing within the established network. These scholars find qualitive characteristics of a supportive network to involve an exchange of intimate communication, and or the presence of solidarity and trust.

Mutual self-help groups are a form of social support. These groups have been defined as associations of individuals or family units who share the same problem, predicament or situation and band together for the purpose of mutual aid, as well as psychological benefits emanating from sense of membership (Bresnick, 1981).

Adjustment Phase to Unmarried Motherhood

Once the resources available have been evaluated as sufficient to meet the demands of a stressor, a family or an individual may employ three adjustment strategies, in combination or alone, to attain a given degree of adjustment along the bonadjustment-maladjustment continuum. These are avoidance, elimination, and assimilation.

Avoidance can be defined as efforts to deny or ignore the situation's demands in belief and hope that it will pass away with time or resolve itself, and hence call for a negligible amount of adjustment. Elimination on the other hand is an active effort to get rid of all demands by changing or removing the situation causing the demands. Assimilation involves efforts to accept the demands created

by the stressor into existing structure and patterns of interaction. The outcome of using avoidance, elimination, and assimilation is a specific degree of adjustment.

Implication of Coping by Adjustment

While some unmarried mothers adjust through elimination (abortion) or elimination and then through avoidance (giving up their babies for adoption and then hoping the experience of birth will soon be forgotten), the unmarried mother who keeps her child must cope and adjust by assimilation.

Adjustment level that results from assimilation will vary from individual to individual and from one family unit to another depending on the resources available to them and the definition they have given to the incidence of unmarried motherhood. In Hamm's (1986) study on childbearing decision for adult unmarried mothers, experiencing positive mothering or viewing mothering as a positive experience appeared to strongly direct the mothers' desire to beome single parents. Defining motherhood positively would enhance adjustment as compared to when the experience is defined as a trap and a hinderance to individual growth.

Adjustment will also vary along the bonadjustment-maladjustment continuum. Where the coping strategy is adequate and the resources available have been

effectively utilized, bonadjustment is experienced. Maladjustment means that the strategy used to cope with unmarried motherhood is inadequate and ineffective. The continuum represent the mothers' relative ability to use existing resources to respond to demand-capability imbalance.

CHAPTER THREE

Review of Literature

In this section the existing literature on unmarried mothers will be reviewed. A definition of adjustment will be discussed. Resources that influence adjustment are grouped and discussed in three categories: (a) social resources (support from social network), (b) economic resources, and (c) personal resources of the unmarried mother. Due to limited research done on this subgroup of single parents in Kenya, most of the literature reviewed is based on North American and European samples.

Adjustment

There is little consensus concerning what is meant by adjustment (Kitson et al., 1986). This is because scholars have defined the concept according to areas of study that are of interest to them, leading to definitions of components of, rather than the whole concept of adjustment.

According to McCubbin and Patterson (1983), adjustment is a process in which families and individuals attempt to deal with the demands of a stressor event. During the process of adjustment, efforts can be directed towards (a) eradicating the demands and hardships by changing or

removing the stressor, (b) denial of the existence of the situation's demands in belief and hope that the situation will resolve itself, (c) acceptance of the situation's demands into existing structure and patterns of interaction, or (d) a combination of these strategies. The degree of adjustment varying along a continuum from bonadjustment to maladjustment. Maladjustment occurs when any of these strategies is inadequate in meeting the demands of a stressor event. Bonadjustment occurs when the strategies employed are adequate.

Adjustment as a process is therefore dynamic rather than a state of being. Consequently, an individual can adjust to various life events in different ways and degrees depending on the nature of the situation to which adjustment is called for. As well, individuals differ in the ways in which they adjust to the same situation.

According to Montgomery (1982), the process of adjustment starts with the awareness of the stressor event and ends with the execution of the corrective actions. During the process families and individuals seek to define the stressor, evaluate alternative solutions to the situation, and agree on appropriate remedial action. The outcome of the execution of remedial action is taken as indication of how well families and individuals have adjusted.

Spanier and Hanson (1982) define adjustment as the

process of incorporating disrupted role sets and patterns or of existing social relations such that the roles accepted and assigned do not take the prior state of being into account as the primary point of reference.

Pett (1982) and Rascke (1977) define adjustment in measurable terms as (a) being relatively free from signs and symptoms of physical and mental illness; (b) functioning adequately in role responsibilities-home, family, work, and leisure time and; (c) developing adequate social relationships. According to Pett (1982) an effectively functioning single parent is as adjusted as any well-functioning parent. She or he must be able to satisfactorily function in his or her roles both as parent and as an adult. These roles are carried out within the numerous spheres of responsibility: parental care-giving and nurturance, satisfaction of the family's economic needs, household maintenance and domestic responsibilities, engagement in leisure time activities and involvement in interpersonal relationships. This latter definition was the one that was maintained in this study.

The discussion will now focus on those resources related to the unmarried mothers' social adjustment.

Social Resources

Central to research on social resources is the concept of "social support network" (Gottlieb, 1981; McLanahan et

al., 1981; Parsons, 1983; Thompson, 1986; Tolsdorf, 1976; Walker, 1977). The concept will be considered in two aspects in order to understand it's relationship to adjustment: (a) social network and (b) social support.

Social network pertains to the social units with whom an individual is in contact (Robinson, 1985). Walker (1977) and Norbeck et al. (1982) term "social network" as a set of interacting personalities. Social networks are connoted by patterns of interaction that link an individual to another within a given context. The nature of these social ties is defined by such properties as density, content, intensity, frequency and directedness of interaction (Robinson, 1985). Through a social network, an individual maintains identity and obtains information as well as material services.

Distinguished from social networks, social support is a by-product of the interaction taking place in social networks (Gottlieb, 1981). The exchange of support can consist of instrumental assistance to the individual network member such as provision of direct services, material goods, or information that is useful in meeting the demands of daily living; or it can be of expressive nature whereby an individual obtains a sense of identity, self-worth, intimacy, nurturance and emotional assurance (Cobb, 1976; Norbeck et al., 1982; Robinson et al., 1986; Walker et al., 1977). Summatively, social support can be

viewed as those resources which protect the ego from the negative effects of stressful situations (Cobb, 1976; McLanahan et al., 1982). However, the opportunities for obtaining support are contigent upon the social availability of others in the social network.

High levels of social participation and satisfaction thereof have been found to correlate with lower stress and fewer adjustment problems (Bowen, 1982; McLanahan, 1981; Norbeck et al., 1982; Pett, 1982). Thus, those individuals who maintain a social network of supportive others are better able to respond to stressful life events and the vicissitudes of daily living. Conversely, the absence of social support is postulated to increase vulnerability to depression and lower levels of psychological well-being which influence adjustment (Tolsdorf, 1976).

Given the substantial portion of unmarried mothers, little research has been conducted on how these mothers adopt and organize their social support networks in the absence of a relationship to a spouse. However, social support networks for the unmarried mothers do exist (Norbeck et al., 1982; Presser, 1980; Sauber et al., 1979; Staples, 1980). Such networks include her family of orientation and conjugal network-friends, extended family, child's father or his substitute.

Family of origin as a support network. Researchers who have studied the unmarried mother consistently reported the importance of the family to the mother's adjustment to

parenthood. Lefaucheur (1980) and Pressor (1980) report that unmarried mothers are generally younger compared to divorced, separated or widowed mothers. Fewer are professionally qualified, and have lower educational level. As such, they are most likely to depend on their families for support during early parenthood orientation for shelter, finance, as well as emotional support.

Of the 51 never married mothers in her study, Presser (1980) found that 72% had lived with their parents since their babies were born. Thus, the parents assisted in providing shelter for the mother and her child. Lefaucheur's (1980) study, on the other hand, emphasises the use of social institutions by the unwed mothers rather than reliance on the family for shelter. Emotional closeness to the parents has been found to influence the measure of support given by the parents. In Pressor's study, the never married mothers were asked how close they felt they were to their own parents. Sixty five percent responded as feeling very close to their own mothers, 28% somewhat close, and only 7% were not close to their mothers. In Robinson's (1985) study on social support differentials among married and nonmarried females, the most frequently mentioned source of support for anxiety-related concerns among the unmarried was a family member, and especially a parent. However, the study does not specify whether these females had children or not.

In Pressor's study, closeness to the mother was significantly related to whether parents provided financial assistance. Eighty two percent of those who felt very close to their parents, and especially to their mothers, reported receiving parental aid as compared to fourty eight percent of those who did not report closeness to the parents. Financial aid from parents highly correlated to whether responsents ever lived with parents since the child was born.

Child care is another form of support that parents have been found to provide to unmarried mothers in order to assist them in going back to school or seeking employment. In Presser's study, about two thirds of the respondents reported having relied on relatives to watch over their preschool children. In 7% of these cases, the relative was the respondent's mother.

Other family members have been reported as significant sources of close relationships for unmarried mothers (Norbeck et al., 1982; Powel et al., 1982; Robinson et al., 1985). In Robinson's study, about sixty-two percent of the respondents mentioned family members as their closest relationship. In Powel et al.'s (1982) study, a fair proportion of respondents reported that their sisters knew of their pregnancy. However, relationships with one's siblings have been found to have both beneficial as well as adverse effects. Thompson (1986) reports that support from

female siblings and relatives were associated with higher levels of maternal stress or psychological distress.

In Norbeck's study (1982), unmarried mothers were asked to identify the most supportive people in their lives using the Important Other Checklist. While "friend", "boyfriend" and "mother" were reported as being most supportive respectively, brother, step- or foster mother, and father were not even mentioned as sources of support. But the study did not seek to know what kind of support the mothers felt was not provided by these individuals.

On the whole, family members provide several kinds of resources inlcuding direct services such as child care, finance, job problems, and household chores. McLanahan et al. (1981) found that most single mothers (her study included both unmarried and divorced mothers) felt that their families could stand by them "no matter what happened", and that this was a great source of reassurance and comfort to them. They reported that their families had been very encouraging and supportive of their parenting accomplishments.

It is important to note that even if the family does reduce the unmarried mother's dependency on other resources outside the family unit, this might isolate her from outside relationships. Isolation from other social relationships may influence her social adjustment.

Friendships and extended kin support networks. The

extended family members seem to have little involvement in the affairs of the unmarried mother. In Norbeck et al's. (1982) study, individuals who were found to offer least support included uncle, aunt, cousin, niece, nephew, and grandparents.

However, unmarried mothers have a network of friends formed prior to and after pregnancy and birth of their child. Clapps and Raab (1978) in their follow-up study of 51 never married mothers, found that the majority of friends were made after the pregnancy. Most of the respondents denied any differences in their relationships with friends from before the pregnancy and those made subsequent to pregnancy. Fourty three percent who did suggest a difference provided a variety of distinctions.

Presser (1980) observed the attributes and demographics of the unmarried mothers' closest friends. For example, their marital status, number of children, employment, and whether these friends ever helped to care for their children. The mothers' closest friends were themselves not married, with the majority of them having children of their own. However, only a minority of the friends were like the respondents-both never married and had children. About half of the friends were employed. Friends, both married and unmarried, with or without children, employed or not, provided some assistance with child care. A majority of the mothers reported at least

one of their two closest friends living nearby helped care for the children. Although the amount of help was not known, provision of occasional child-free time for the women who could not afford paid care was a significant contribution. An additional support that such friends provide is a strong same-sex friendship that keep mothers from severe loneliness (Greenberg, 1979).

Other findings report a utilitarian relationship with friends. In a longitudinal study of unmarried mothers, Sauber and Corrigan (1979) found that majority of the mothers lived with friends so that they could help each other in child care. While other mothers went to work, one of them stayed at home and took care of their children and was paid by the others for so doing. Whether these mothers offered other resources to each other in order to cope with their daily responsibilities, or how emotionally close they might have been to each other was not reported. Friends at the work place have been found to offer escape from the focus on household responsibilities, and to provide mental relief through discussions which do not relate to personal life (Weiss, 1985).

Friends support network also includes a key male or spouse-equivalent. Usually this is someone the unmarried mother has dated for some length of time. As well as being viewed by the mother as the major provider of support, the male provides an intimate relationship which has been

reported to provide security and reassurance of worth. Mothers in McLanahan et al.'s (1981) study reported that ability to maintain a close relationship with a man was a critical factor in self-esteem.

Norbeck et al. (1982) found that "boyfriend" was the next to "friend" as the most important source of support for the unmarried mothers, and in fact was valued more than support from "mother" who ranked third. Clapps and Raab (1978) found that 90% of the never married mothers in their study dated actively and most of them said they dated one man. Only a few were dating the child's biological father. Two thirds of the dating reported sexual relations which they typically described as enjoyable. Those who denied having sexual intercourse at the time of the study suggested that it was because they did not know with whom they wished to share the experience.

However, intimate relationship is reported to facilitate adjustment to unmarried motherhood only when it is satisfying (McLanahan et al., 1981). McLanahan et al. report that those unmarried mothers who are very dependent on a male friend are less career oriented, somewhat isolated from community support and new contacts as compared to those who are not. This may be true as a result of exclusiveness that characterize most intimate relationships.

Involvement in an intimate relationship may in fact be considered as constraining adjustment. Unmarried mothers

are disadvantaged by the many demands placed on them as parents, workers, and intimate (Staples, 1980). Maintaining balance and achieving success in each area may strain the mothers' time and energy resources. In Greenberg's (1979) study, one third of the mothers reported "no best thing" at all about single status, with most of the problems cited having to do with constraints on intimacy, sexual and otherwise, which make this role less than optimal. In Pett's (1982) study of social adjustment of single mothers, involvement in an intimate relationship with a male friend failed to emerge as a significant independent predictor variable.

Some unmarried mothers maintain contact with the child's father. However, literature on the interaction of the unmarried mother and the child's father after the birth of the baby is inconsistent. Powell et al. (1982) found that 160 out of 200 unmarried mothers in their study claimed to be in stable relationship with their partner. Sixty nine of these planned to marry. No findings were reported on whether the child's father helped the mother financially, but the fact that the majority of the mothers were in contact with the man could be indicative of emotional support for the mother depending on how emotionally close she was with him.

These findings are consistent with Presser's (1980) findings. In her study, unmarried mothers were asked about

the frequency of face to face contact with the child's father two and a half years and three and a half years after the baby was born. Over half of the mothers had maintained face to face contact with the child's father as frequently as three times a week or three times a month. About half of the mothers who initially reported having never seen the child's father since the child was born reported some level of contact at the end of the three and a half years.

However, frequency of face to face contact with the child's father decreases over time (Presser, 1980). Clapps and Raab (1978) found that after three years of birth experience, the unmarried mothers in their study chose to lead their lives independent of the child's father. Nevertheless, when the mothers were asked about the confidence they had in the biological father of the child three years after the birth of the child, ninety percent said that, in emergency situation, they could rely on the child's father. This would tend to suggest that frequency of contact decreased with time, while confidence in the father tended to increase with time.

In contrast to these findings, Schlesinger (1973) reports that in 30 cases out of 45 in his study, the relationship with the child's father ceased when the pregnancy became known or soon after the birth experience. In four cases the liason still existed, in six situations

the father visited occasionally, and in the rest of the cases current relationship was not mentioned.

In attempt to determine how much support the unmarried mothers in her study received from the child's father, Presser (1980) asked the respondents whether they received any child support at all from outside the household since their children were born. Any amount at any occasion qualified as a positive response although the amount was not asked. One third of the fathers provided some amount of child support, which was quite substantial given the general lack of legal enforcement of such behaviour. However, none of the mothers reported receiving child support in any amount in all three years. Only 5 mothers reported receiving some support between the first and the second interview, and only 8% by the third interview. Of the mothers who received support, 5 of them had contact with the child's father at least once a month. This supports Clapps and Raab's (1978) findings that maintenance of contact between the unwed mother and the father of her child increased the probability of the mother receiving some support from him.

In summary, amount of contact with the child's father has been found to be an influencial factor in predicting the support the mother gets from him. While all studies report a decline of interaction between the unwed mother and the father of the child, at least one study documents

that confidence on the father in times of emergency increased with time.

Economic Resources

It is perhaps self evident, but necessary to note that financial matters are important, not just per se, but because they have a bearing on people's state of mind, self-image and feelings which are prime influencing factors in adjustment (Beck, 1984; Robinson et al., 1985; Thompson, 1986). Beck (1984) found that financial incapabilities of the unmarried mothers in her study caused irritability, which in turn affected interpersonal relationships. The mothers also reported fear of being unable to meet the needs of their children and hence causing them to suffer. In Parsons' (1983) study, such fears were accompanied by hurt due to reported inability to buy nice things for the children such as other parents do. Respondents made assertions about independence and depression due to insufficient financial resources to meet their needs. In Smith's (1980) study, all categories of single parents were found to occupy a common economic position resulting among other things, from the fact that they had only one wage earner.

Despite restrictions the presence of children place on all mothers, unmarried mothers do resort to employment much more often than married women in order to meet the needs of

the families of which they are heads (Lefauchuer, 1980). In his study of single parenthood and illegitimacy in France, Lefaucheur (1980) found that only 3% of single mothers did not work. At the same time, single mothers have been reported as working longer hours than married women (Harrison & Minor, 1982). But most studies report that the unmarried mothers, most often than not, hold low-status jobs than other categories of single mothers. Sauber and Corrigan (1970), in their longitudinal study of unmarried mothers found that 77% had worked since the birth of their first child, and 54% were working by the time of the last interview (6 years after the birth of the child). Majority of the mothers worked in full-time jobs. All the mothers in the study described both full-time and part-time job positions as providing them with steady employment. Nevertheless, occupational information indicated that the largest number (47%) worked in clerical jobs, 23% in operative occupations, while 18% were service workers, 9% in sales or crafts, 2% professionals and 1% were described as having other jobs. The average income ranged from $50 to $120 or more per week.

Lefaucheur's (1980) study revealed that of the 7 out of 10 mothers who were employed, 2 were likely to be desk or commercial employees, 2 were likely to be semi- or unskilled workers, 1 a non-registered nurse, a bar maid or a hairdresser's employee, while one was a middle executive,

usually a school teacher or a registered nurse.

Given that the level of education one has predicts one's competitiveness in the job market, these findings are consistent with Presser's (1980) findings. Presser reports that unmarried mothers are much less likely to be high school graduates than the married mothers and have less work experience prior to motherhood, leading to low status jobs.

For unmarried mothers, acquisition of a job is necessary but not sufficient as a source of support. Economic conditions may reflect stages in family cycle for the divorced, separated, and the widowed mothers, whose economic problems are transitional for those intending to remarry (Smith, 1980). But for the never married mother, periods of temporary or permanent unemployment may characterize her economic situation due to lack of skills and experience that enhance competitiveness in the job market. Hence, in addition to acquiring a job, job retention should be ensured. As Smith (1980) puts it, female heads of families need the right employment opportunities, ones that not only offer continued employment, but also career advancement so as to increase economic stability. Economic stability seems to be more important to adjustment of unmarried mothers than mere job acquisition.

In summary, economic status influences an individual's

capabilities of coping with a given situation. Individuals with high income and occupational status are thus thought to possess financial resources which buffer the ill effects of life events. Unmarried mothers seem to have fewer economic resources due to lack of skills that would otherwise improve their competitiveness in the job market, hence placing the mother's family at a lower socioeconomic status. While job acquisition is important to the unmarried mothers, job retention is crucial in order to ensure stability of income.

Personal Resources

While relationship between adjustment and age, sex, level of self-esteem and support systems variables is well documented (Bowen, 1982; Chiriboga et al., 1978; Mohring & Berger, 1984; Pett, 1982; Rasche, 1977; Spanier & Castro, 1979), few studies have considered these personal characteristics in relation to unmarried mother's social adjustment. Even fewer have looked into personality traits in relation to adjustment to unmarried motherhood.

One classic study was done by Peskin (c.f. Horn, 1976) which examined personality differences between married, divorced and never married mothers who participated in a longitudinal study spanning 40 years. Personality characteristics of the 152 subjects had been rated by psychologists on the basis of interviews conducted during

their adolescence. The same persons were interviewed again in 1960 and 1970 when they were 30 and 40 years old. The married and the divorced mothers were found to be quite different in personality traits, with ratings of submissiveness and conventionality applying to the married women, non-conformity rebellious and self indulgence applying to the women who had divorced. The never married mothers had no distinguishable traits from those who married or who later divorced.

Thomas (1982) wished to test the hypothesis that personality traits of single mothers are more important in adjustment, than variables such as age, sex, and length of time since divorce. The best adjusted participants were found to be characterised by dominance, assertiveness and confidence. These women reported initiating divorce, claimed to have been dominant in their marriages, and said they did not care about social approval and therefore they were less affected by social norms regarding two-parent families. Self-assurance, intelligence, creativity and imagination, as well as social status emerged as other personality factors that characterised the best adjusted mothers. It could be these same characteristics also influence adjustment of unmarried mothers to parenthood.

One's general view of life has been found to influence adjustment to unmarried motherhood. Fine, Schiwebel, and Myers (1984), in their study on the effects of world view

on adaptation to single parenthood among middle-class adult black and white unmarried women, defined one's view of life as one's belief system-a highly structured, complex interacting set of values, expectations, and images of oneself and others, which guide and in turn are guided by a person's perceptions and behavior and are closely related to one's emotional states and feelings of well-being. Essentially, it is the "lens" through which experiences are observed. According to these authors, one's world view affects the definition of, and partially determines the course of reactions to, the external environment. For example, each single parent invests a particular meaning into her marital status that must have considerable impact on her adjustment to motherhood. In Fine et al.'s study, mediating variables to personal world view were found to be self-esteem, depression state anxiety, trait-anxiety, and satisfaction with motherhood, all of which are closely related to psychological well-being of an individual. Only two of these variables accounted for a significant portion of variance on any dependent measure. Mothers who had been single longest had lower self-esteem and reported higher levels of trait-anxiety, while those with higher education had higher self-esteem.

Of great importance was the finding that black unmarried mothers were better adjusted to, and had more positive reaction to motherhood than white mothers. This

was attributed to Afrocentric world view which they held as compared to Eurocentric view held by the white mothers. Afrocentric view was defined as that belief system in which reality is known in sensory and extrasensory fashion (materiality and spirituality), harmony with nature is emphasised, and highest value is placed on interpersonal relationship and communalism, experience is emphasised rather than achievement, and knowledge is believed to be acquired through faith and self-awareness. They conclude that unmarried mothers who value social relations and have self-awareness and parental experience would be better adjusted to motherhood. However, McLaughlin and Micklin (1983) argue against the issue of parental experience. In their study, becoming a mother during adolescence adversely influenced the mother's psychological well-being both initially and ten years after the birth of the first child. Thus the psychological impact of teenage childbearing does not diminish as mothers become more experienced in their role.

Mother's age has been correlated with adjustment to unmarried motherhood (Donard et al., 1978). In their study, Donard et al. found that older women were more self-accepting, and this was found to positively influence their adjustment to single parenthood. But the researchers did not state whether it was current age or age at the birth of the first child that was instrumental to this variation.

Education is a personal resource that has consistantly been associated with adjustment (Thompson, 1986). The level of education influences coping responses of unmarried mothers because it offers the opportunity to choose among alternatives that are more rewarding.

Skill training and work experience are suggested to be important personal resources (Bagby, 1979). According to these findings, individuals with developed skills and training are more able to utilize these skills or obtain more training in the areas they possess skills, thus improving both the stability of sources of income as well as their competitiveness in the job market. These skills and experience are what majority of unmarried mothers lack. However, in Crossman et al.'s (1985) study, unmarried mothers who had developed skills were no more less likely to be employed, in training or to have remained as home-makers than those who had developed no skills. Variables which were found to be more relevant included health conditions, age, whether the job paid well, had good benefits and chances for advancement. In other words, psychological satisfaction with one's job was more important than the skills the mothers possessed. This supports the findings in Pett's (1982) study where general well-being of unmarried mothers emerged as the best single predictor of social adjustment.

In summary, personal characteristics such as age,

personality, level of education, as well as ethnic background have been found to influence adjustment among single mothers in North America. No study has addressed these variables to African unmarried mothers.

Conclusion

Various factors have been documented as influencing the adjustment process of single mothers to parenthood. Personal, economic, and social resources have been found to be important correlates of adjustment. Social relationships which are characterized by trust, and involve an exchange of intimate communication have been found to enhance adjustment. Little has been studied on the role of personal attributes of unmarried mothers to parenthood. However, some studies document the relationship between the mother's general well-being, age, level of education, experience in parenthood, and adjustment. Most studies report that unmarried mothers have fewer economic resources as compared to two-parent and divorced families. Hence unmarried mothers who sustain a social network, have relatively better economic status, and possess personal qualities that enhance their general well-being would be expected to be better adjusted to parenthood than those who have less or do not have these resources.

These findings notwithstanding, certain findings indicate that not all available resources minimize the

demands arising from stressors and the attendant hardships facing unmarried mothers. Job acquisition has been reported as necessary but not sufficient to curb long-term economic needs of such mothers. Temporariness of employment that characterize the unmarried mothers' economic situation as a result of lack of skills and experience which are necessary for competitiveness in the job market spell unpredictability of economic support. Unpredictability of economic support may certainly be stressful inspite of the mothers' current employment.

In McLanahan's (1981) study, most single mothers felt their families could stand by them "no matter what happened". However, although the family does protect the unmarried mother from dependancy on other resources outside the family unit, this might isolate her from outside relationships that offer profitable support. As well, this may inhibit development of interpersonal skills that conduce to social relationships.

In Thompson's (1986) study, supports from female siblings and relatives to unmarried mothers were associated with higher levels of maternal stress or psychological distress. This may be in agreement with Pearlin and Menaghan's (1981) argument that support is given depending on the quality of the relationship and not on mere contact.

From the foregoing, it is clear that one must allow for the possibility that some kinds of support to which

Kenyan unmarried mothers may avail themselves may be beneficial, some inconsequential, and others detrimental.

CHAPTER FOUR

Methodology

In this chapter data collection procedure will be discussed. It will include sampling, operational definitions and measurement instruments, study design, and the method of data analysis.

Procedure

Sampling

Two non-probability samples were obtained from Nairobi city, Nyahururu, and Nakuru townships using snowball sampling. One sample was made up of married mothers, and the other was made up of unmarried mothers. The two groups were matched in age, employment status, amount of monthly income, and all had their own minor children living with them. The married mothers' sample was used for comparison on social adjustment only. The criteria for participation by unmarried mothers was as follows:

1. The mother had never been married.

2. The mother had her own minor children currently living with her.

3. The mother and her children had lived apart from her parents' home for at least one year before the time of the study.

4. The mother knew how to read and write.

5. The mother could communicate in English or Swahili.

Data Collection

Study questionnaires were personally handed to the respondents by trained co-researchers in the city and the two townships.

A total of 145 questionnaires were initially distributed to both married and unmarried mothers who met the criteria for participation. Of these, 112 (77%) were returned. However, five of the returned questionnaires were not useable because they contained missing data, and one came in late. The adjusted return rate after removing the six questionnaires was 73%.

Of the total final sample of 106 respondents, 55 were unmarried and 51 were married. The age of the mothers in both groups ranged between 20 and 40 years.

In the following section, operational definitions of the variables whose relationship the study was directed are discussed.

Operational Definitions

Dependent Variable

Social adjustment was defined as how well the mothers functioned in role responsibilities as measured by Social Support Scale of Self-Report (Weissman et al., 1976).

These role responsibilities include work outside of home, housework, family, parenting, and social/leisure activities. It also measures financial adjustment of the respondents.

Independent Variables

Social support referred to amount and quality of support received from social network (friends, extended family, neighbors, church, agents and professionals in the community) as measured by Social Support Scale (Olson et al., 1982).

Economic resources was defined as the mother's source and stability of monthly income.

General well-being was defined as subjective feelings about one's physical, mental and emotional well-being as measured by the General Well-Being Schedule (Fazio, 1977).

Parenting experience was measured by the age of the oldest child.

Age at first childbirth referred to actual age at which the mother gave birth to her first child.

Information on economic resources, parenting experience, and age at first childbirth was collected through the demographic questionnaire.

Demographic Variables

Demographic variables included:

- current age of the mother
- age at first childbirth
- number of children
- level of education
- employment

In the next section, the instruments which were used to measure these variables above will be discussed.

Research Materials

A structured questionnaire was used to collect the data. It was composed of four sections: (a) the demographic questionnaire; (b) Social Adjustment Scale of Self-Report (SAS-SR) (Weissman, 1973); (c) General Well-Being Schedule (Fazio, 1977); and (d) Social Support Scale (Olson et al., 1982).

Since all the sections of the questionnaire with the exception of the demographic questionnaire were formulated for North American culture, the validity of the questionnaire was retested through thorough discussion with Kenyan students in the University of Alberta. Only some slang words were changed and given words with equivalent meaning that the target sample could understand.

Social Adjustment Scale of Self-Report

The SAS-SR was used as the criterion measure of the Dependent Variable-Social Adjustment. The scale is a

42-item self-report rating instrument that attempts to assess an individual's role performance as a wage earner, homemaker or student, social and leisure time activities, interpersonal relationships, and parental role functioning. Six items that measures adjustment as a student were dropped during analysis because only 3 out of all the mothers were students. Each question is rated on a 5-point scale with the lower number indicating better adjustment.

Validity and Reliability

The SAS-SR has been administered to a broad range of population (Weissman et al., 1976). It differentiates psychiatric patients from the community normals, with the community group indicating least impairments and an acutely ill depressive population showing the most impairments. When used on divorced custodial parents, SAS-SR scores indicated that the group scored significantly lower in overall social adjustment than the community group ($p < .01$), but higher than three clinical populations ($p < .01$). No differences were found between male and female respondents on their overall social adjustment ($p < .01$).

General Well-Being Schedule

The General Well-Being Schedule (GWB) is a 23-item self-report instrument that assesses respondent's subjective feelings of well-being and distress. Dimensions

of well-being included in the scale are health, worry, energy level, satisfying interesting life, depressed-cheerfull mood, emotional-behavioral control, and relaxed vs. tense-anxious states.

Validity and Reliability

The GWB has been examined for its concurrent validity (DuPuy, 1978; Faxio, 1977). The scale has been found to perform better than other assessment tools in predicting interviewer's ratings of depression ($r = .47$, $p < .01$) and equally well in assessing depressive mood ($r = .69$) and anxiety states ($r = .64$, $p < .01$). The extensive analysis of the scale's validity indicates that it appears to measure relevant properties of the psychological states or conditions for which it was designed and has a high test-retest reliability ($r = .851$). An additional advantage is that the instrument is an easily understood (hence suitable for the proposed sample that infact have English as a second language) and does emphasize health rather than illness.

Social Support Scale

Social support was measured by F-Copes Social Support Scale by Olson et al. (1982). The scale assesses two issues: (a) quantitative use of social and community

resources, (b) quality assessment of these resources by the respondent.

The scale consists of 17 items and five subscales which reflect the sources of the resources. These are: (a) extended family, (b) friends, (c) neighbours, (d) spiritual resources, and (e) community resources. The quantitative use of resources is measured on a scale of 1-5. The quality of the resources is measured by asking the respondents how helpful they find the resources were when they used them. This is indicated on a scale of 1-4, with the higher number indicating least quantity and quality in both cases.

Validity and Reliability

The scale consists of the initial social support subscale of the F-Copes instrument. The values for the subscale's reliability and validity were computed at the initial administration of the F-Copes instrument by Olson et al. (1982).

The test-retest of the initial instrument was done four weeks apart. The subscale yielded Pearsons r = .72 for extended family, r = .69 for friends, r = .85 for spiritual resources, r = .67 for neighbours, and r = .62 for community resources.

Crombach's alfpha reliability was .86 for extended family, .74 for friends, .79 for neighbours, .79 for

spiritual resources and .79 for community resources.

Demographic Questionnaire

Variables which were measured within the demographic section of the questionnaire included the mother's age at the birth of the first child, present age, level of education and career training, type of job, amount of monthly income, age of the youngest and the oldest child, religious commitment, and contact with the child's father.

Study Design

The study was a survey. This design was chosen because the variables examined were attribute variables and therefore could not be manipulated as in an experimental design. As well, it has the advantage of reducing biasing error that often accompanies interviews, ensures greater anonymity of the respondents, and permits a wider geographic contact at minimum cost. This design was chosen in full awareness of the fact that the internal validity of the study would be reduced due to limited control of extraneous variables. However, the criteria set for sample collection was hoped to minimize chances of such variables to operate. Since the sample was not randomly selected, generalizability of the findings to all Kenyan unmarried mothers may not be possible.

Data Analysis

Three statistical tests were done using the SPSSX package:

(1) T-test was done in order to determine the significance of possible differences between the mean scores of the married and the unmarried mothers' samples on social adjustment and on demographic variables.

(2) Analysis of covariance was done in order to control for age at first birth, number of children, and level of education whose mean scores were found to be significantly different between the two groups, and were thought to influence levels of social adjustment.

(3) Step-wise multiple regression was done in order to determine which variables were most significant to social adjustment of the unmarried mothers.

CHAPTER FIVE

Results

The findings of the study will be presented as answers to the research questions stated in chapter one.

Question 1

How well adjusted are Kenyan unmarried mothers as compared to Kenyan married mothers?

T-test was done using the SPSSX package in order to determine whether there was any difference between the overall mean social adjustment scores of unmarried mothers and the married mothers. No significant difference was observed. However, significant differences were observed when the mean scores of the two groups on the subscales of the SAS-SR were examined using One-Way analysis of Variance (Table 1). The mean work-adjustment score for the unmarried mothers' sample was significantly higher than that of the married mothers' sample, but mean scores on economic, leisure/social and parental roles adjustment were higher for the married mothers' sample.

Table 1

Results of One-analysis of Variance in Mean Scores on Overall and Specific Roles Adjustment by Marital Status

Variable	Group	Mean	SD	T-value	p-value
Adjustment to work outside of home	A	32.945	3.039	3.42	.001
	B	27.400	15.358		
Financial adjustment	A	3.273	1.340	-4.53	.000
	B	4.289	0.757		
Adjustment to leisure/social activities	A	43.000	6.412	-2.33	.022
	B	45.756	5.131		
Adjustment to parenting	A	18.907	1.825	-2.98	.004
	B	19.951	1.499		

Group A = Unmarried mothers N = 55

Group B = Married mothers N = 51

While the focus of this study was to assess the influence of resources on social adjustment of the unmarried mothers, there was no reason to believe that some, if not all, of the demographic variables could have influenced the observed variance. T-test was done on the demographic variables to determine any significant differences between the group means on these variables.

The two groups significantly differed in mean age at first pregnancy, mean number of children, and mean level of education (Table 2).

Table 2

Mean and Standard Deviation of Demographic Variables by marital Status

Variable	Group	Mean	SD	T-value	p-value
Age at first	A	20.906	3.834	-3.29	.002
pregnancy	B	23.622	4.329		
Number of children	A	1.673	0.963	-3.36	.002
	B	2.467	1.392		
Level of education	A	5.218	2.250	-3.57	.000
	B	6.556	1.235		

Group A = Unmarried mothers N = 55

Group B = Married mothers N = 51

Social adjustment means were adjusted with these three variables as covariates. The results indicated significance on adjustment to work outside of home and parenting roles (Table 3). Of the two groups, unmarried mothers remained better adjusted to work outside of home,

while the married mothers remained better adjusted to parental roles.

Table 3

Adjusted Group Means on Work and Parenting Roles Adjustment.*

Variable	Group	Unadjusted Mean	Adjusted Mean	Grand Mean	F Value
Adjustment to work outside of home	A	39.92	33.1	30.42	9.090
	B	27.4	27.26		
Adjustment to parenting roles	A	19.907	18.7	19.37	9.095
	B	19.951	20.21		

Group A = Unmarried mothers N = 55

Group B = Married mothers N = 51

*Covariates held constant were age at first childbirth (mean = 23.875), number of children (mean = 2.181), and level of education (mean = 5.784).

Question 2

How is the level of social adjustment of Kenyan unmarried mothers related to the mothers' personal, economic, and social resources?

Resources were categorized into three groups: (a)

Personal resources which included parenting experience, work experience, level of education, age, and general well-being of the mother; (b) Social resources, which included the quantity as well as perceived quality of support from friends, neighbors, extended family, the church and other community agencies; (c) Economic resources which included employment status of the mothers and the amount of monthly income; (d) Other demographic variable which cannot be categorized as personal resources, which included number of children and age at first childbirth.

When social adjustment scores were regressed on scores on resources, only amount of monthly income (economic resources) and general well-being (personal resources) emerged as significant (Tabe 4). This means that social adjustment of unmarried mothers is positively influenced by mother's economic resources and her general well-being.

According to McCubbin and Patterson (1983), a family unit or individual can adjust to various situations in which demand-capability imbalance is experienced in different ways and to different degrees depending on the nature of the situation. With this in mind, all the six subscales of the SAS-SR which measure adjustment to parenting roles, to housework, to work outside of home, to relations with extended family, social and leisure activities, and economic adjustment were individually regressed on all the resources. The aim was to identify

any differential influence of resources in adjustment to these role responsibilities.

Table 4

Reduced Multiple Regression Summary of Social Adjustment as Related to Resources and Demographic Variables

Variables	B	B-error	Beta	Sig. T	R^2
General well-being	.2398	.0947	.3404	2.534*	.1121
Economic resources (amount of monthly income)	1.5883	.5712	.3736	2.781*	.1895
(Constant)	131.2399				

R^2 = .3016 F = 8.6369 p = .0008 N = 55

*significant at or beyond the .05 level

Note: R^2 in the body of the table is a meausre of the additional variance explained by each of the variables.

This analysis produced significant findings. Adjustment to housework was found to be positively

influenced by general well-being of the mother and her age at first pregnancy. Both of the variables were personal resources (Table 5).

Adjustment to leisure/social activities was positively related to economic resources of the mother, and negatively related to the number of children the mother had (Table 6).

Table 5

Reduced Regression Summary of Housework as Related to Resources and Demographic Variables

Variables	B	B-error	Beta	Sig. T	R^2
General well-being	-.2153	.0209	.3939	2.894*	.1901
Age at first pregnancy	.0603	.1000	-.2930	-2.152	.0084
(Constant)	25.8101				

R^2 = 2.742 F = 7.5544 p = .0016 N = 55

*Significant at or beyond the .05 level

Note: R^2 in the body of this table is a measure of the additional variance explained by each of the variables.

Table 6

Reduced Regression Summary of Adjustment in Leisure/Social Activities as Related to Resources and Demographic Variables

Variables	B	B-error	Beta	Sig. T	R^2
Economic resources (amount of monthly income)	.8727	.2862	.4149	3.011*	.2522
Number of children	-1.9174	.9056	-.2881	-2.091	.0754
(Constant)	41.5804				

R^2 = .3275 F = 9.7413 p = .0004 N = 55

*Significant at or beyond the .05 level

Note: R^2 in the body of this table is a measure of the additional variance explained by each of the variables.

CHAPTER SIX

Discussion

Introduction

In this study, unmarried motherhood was considered as a stressor that creates a demand-capability imbalance. The management of the imbalance and the attendant hardships was referred to as adjustment process. Social adjustment was used as the operational definition for adjustment.

The objectives of this study were (a) to investigate the level of social adjustment of Kenyan unmarried mothers as related to the social adjustment of Kenyan married mothers; and (b) to explore those resources-social, economic and psychological-available to them which enable them to remain as well functioning individuals and heads of families. This was done within the framework and the concepts advanced by the Double ABCX model of crisis adjustment (McCubbin & Patterson, 1983). Specifically, inquiry was made into the mediatory role of resources in resisting stress from escalating to crisis.

Answers to the research questions will provide a format of the discussion. The study's contribution to research will be highlighted, limitations of the study will be pointed out and recommendations for further research will be proposed.

The Level of Social Adjustment of Unmarried Mothers

The overall social adjustment mean scores of unmarried mothers were not significantly different from those of their married counterparts, even when those demographic variables in which the two groups varied-mean number of children, level of education and age at first birth-were controlled for. However, when adjustment in each of the five areas of functioning measured by the SAS-SR was examined singularly, significant differences were observed. This may be taken to mean that the degree of demand-capability imbalance emanating from the experience of motherhood is felt differently by the two groups in their functioning in specific role responsibilities. This confirms the Double ABCX model's proposition that relate to adjustment process: demand-capability imbalance may require changes in different areas of one's functioning, and adjustment in these areas may vary along the bon-mal adjustment continuum.

The unmarried mothers were better adjusted to role responsibilities that related to work outside the home than were the married mothers even when number of children, age at first childbirth, and level of education were controlled for. This could be explained by the possible differential importance of career between the two groups. Being the sole bread-winner in her family, and her career possibly being the only major source of income, the unmarried mother

is likely to invest more in her work outside of the home than would the married mother whose income may be supplemented by, if not a supplement to, her spouse's income.

High time investment into one's career may explain why the unmarried mothers were comparatively poorly adjusted to parenting roles inspite of their lower mean number of children. Both parenting and work responsibilities compete for the mothers' time. As well, the poor economic adjustment by the unmarried mothers inspite of the fact that they earned the same monthly income as the married mothers may be explained by lack of spousal support. While the parental roles and economic needs are shared by the spouses in two-parent families, the unmarried mothers lack spousal support in these areas and adjusting to the functional and economic demands of parenting single-handedly definitely pose a formidable challenge.

The unmarried mothers were poorly adjusted to leisure/social activites when age at first childbirth, number of children, and level of education were not controlled for. But when these variables were controlled for, there was no significant difference. This may be an indication of the importance of a spouse in wife's social adjustment, both as one with whom roles and time are shared and as a source of economic support. With no other adult to share economic responsibilities and parenting roles

with, the unmarried mothers may have less money to spend on leisure and social activities, and limited time too especially after investing much of it into their careers.

Resources Supportive to Unmarried Mothers' Adjustment

Resources supportive to unmarried mothers' social adjustment were categorized into three groups: personal, social and economic resources. When these variables were regressed against overall social adjustment, personal and economic resources emerged as having the most significant influence.

General well-being (personal resource) emerged as the most significant factor positively related to overall social adjustment of unmarried mothers. This supports Pett's (1982) findings where the same variable emerged as the best single predictor of post-divorce adjustment. General well-being involves mental, health and emotional fitness, and this has a lot to do with one's view of life circumstances as well as the ability to handle emergent hardships.

Amount of monthly income (economic resource) emerged as the second factor positively influencing overall social adjustment of the mothers. Sufficiency in meeting individual and family needs would be indicative of adequate adjustment. The more a parent is able to meet the needs of the family the better one is likely to feel

psychologically, and this in turn will positively influence adjustment to other role responsibilities.

When the relationship between resources and adjustment to specific role responsibilities was examined, again general well-being and monthly income were positively related to adjustment, while the number of children and mother's age at first pregnancy were negatively related to adjustment in certain role responsibilities.

Adjustment to housework was positively related to the mother's general well-being, and age at first childbirth. The better the general well-being of the mother the better adjusted she was to housework; the older the mother was at the birth of the first child, the better adjusted she was to housework. The relationship between general well-being and age at first pregnancy as they relate to housework is of paramount significance. McLaughlin and Micklin (1983) report that becoming a mother during adolescence adversely influence the mother's psychological well-being both initially and ten years after the birth of the first child. This means that the effects of early childbearing should in no way be underestimated.

The effect of taking on parental roles too early on mother's adjustment to housework can only be inferred. It could be that taking on household chores and childcare too early and over a lengthy period of time may have created disinterest in such mothers. It could also be that the

mothers who became parents during adolescence may have adopted inappropriate patterns of carrying out household chores, and these patterns may not have been corrected with time. The inappropriate patterns may have rendered the chores unenjoyable.

Adjustment to leisure and social activities was positively influenced by the economic resources of the mother and negatively by the number of children the mother had. Mothers with better income are more likely to entertain or dine out with friends, and to buy or pay for recreational facilities. The less children she has the more time she is likely to spare for leisure activities.

Contrary to what is documented in most North American research, social support resources were not significant in overall adjustment of Kenyan unmarried mothers, or in their adjustment to specific role responsibilities. Several thoughts emerge from this finding. First, it may be the sources of support measured by the instrument are not the most important to the Kenyan mothers even if these sources are available to them. If this is the case, then the most supportive resources were not investigated, and further research needs to be done in order to identify them.

Secondly, the social support resources investigated in the study may not be defined as supportive by Kenyan unmarried mothers even though they are available. Therefore the mothers do not make use of them. This could

possibly be related to support from agencies that deal with single parent families which may be non-existent or unknown to the mothers, or the church which may not accept the status of unmarried parenthood which is often related to immorality. Thirdly, social support has been related to the quality of social relationships. Qualitative characteristics of a supportive network involve an exchange of intimate communication, and or the presence of solidarity and trust (Pearlin & Menaghan, 1981). Such qualities are developed over time. With increased mobility in Kenyan urban centres (from which the sample for the study was obtained) it could be that the mothers do not have enough time to establish relationships that are conducive to the give and take of such support.

Contributions to Research

The paramount contribution this study offers is the finding that marital status is related to differential adjustment to specific parental and adult role responsibilities.

Another significant contribution that this study provided is the identification of the relationship between age at first birth and the adjustment of adult unmarried mothers. The fact that becoming a parent too early was positively related to poor adjustment only points to one of the long-term effects of adolescent pregnancy. This

finding comes at a time when the Kenyan society is striving for a solution to the crippling problem of adolescent pregnancy through programs that are directed to educating adolescents on sexuality and responsible adulthood. This finding is of great significance to the planners of such programs.

In the existing literature on North American family, social support is one among the resources highly correlated with adjustment. This study did not find any relationship between the two variables. This indicates a significant cultural difference as to the significance of social support.

This study allowed for examination of the relationship between resources and the process of adjustment to a stress situation (as advanced by the Double ABCX model) in a different cultural setting than that the model was initially designed and tested.

Limited study has been done on the Kenyan family, and therefore little is known about how Kenyan families lead their lives as well as the consequences of their dynamics. Identifying the relationship that exists between family resources and how well families function is a considerable step towards better family living in Kenya. This study enhances the understanding of one aspect of Kenyan family dynamics as well as contributing to international research on the family.

Recommendations for Further Research

The following are recommendations for further research:

1. In this study, the sample was not representative of rural and uneducated Kenyan unmarried mothers, who may have different resources and responsibilities to adjust to as parents and adults. A study of these groups of unmarried mothers is necessary before any generalizations from the study can be made.

2. From the results of this study, it appears that Kenyan unmarried mothers have certain sources of social support that were not addressed. For example, the role of house-maids and self-help groups. As a result, their contribution to social adjustment of the mothers was not measured. This may be attributed to limitations of the research design chosen for the study. The questionnaire method of data collection does not provide an opportunity to probe beyond the answers given in order to clarify ambiguous answers or appraise the non-verbal behaviour of respondents. Interviewing unmarried mothers on their sources of social support may have the added advantage over the use of structured questionnaires in investigating these resources.

3. Only those personal resources that were found to relate directly to social adjustment from the existing literature were examined. The influence of mothers'

personality traits were not examined. Little research on the relationship between traits and adjustment has been done. An investigation into contribution of these personal resources to adjustment of Kenyan unmarried mothers is recommended.

4. The study did not examine other pre-existing conditions which may have an influence of adjustment of the mothers. For example, their social-cultural background was not taken into consideration. Certainly, in some tribes the customs regarding childbrith and parenthood may have resisted change over time. In one, such customs may be supportive of unmarried motherhood while in another such parents are out-lawed. This might have differential effects on the adjustment of the unmarried mothers. Other factors such as the socioeconomic background of the mothers were not controlled for. A longitudinal study that takes into account the cultural background of the Kenyan mothers is recommended.

5. Although this study considered adjustment as a variable that is influenced by resources available to the unmarried mothers, it is possible that availability and effective utilization of the resources are influenced by how well the mothers were adjusted. That is, the relationship between the two variables could have been in either direction. This study did not investigate whether adjustment had any influence on any of the resources. This needs to be investigated.

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APPENDIX A

- Informed Consent Letter to Participant
- Thank You Letter to Participants

University of Alberta
Edmonton
Canada T6G 2H1

Department of Family Studies
Faculty of Home Economics
801 General Services Building. Telephone (403) 432-5771

Informed Consent

Dear Ms. _____

The purpose of this study is to examine social adjustment of our Kenyan unwed mothers. Such knowledge can benefit Kenyan families as well as helping the policy makers as they make decisions regarding the family. The study, however, has no political motives behind it.

You are requested to answer some questions, some of them may be personal. However, be assured that any information that is given in the questionnaires will be treated as confidential. No other person except the researcher will have access to the information given. In reporting the findings, no names will be used, and the original documents will be destroyed when the study is completed. Should you change your mind in the course of the study, please feel free to withdraw from the study.

Even though there may be no direct benefit to you from the study, we hope that the information you will provide will contribute to future attempts to study Kenyan families. I will be happy to mail you a copy of the study results. If you have any questions regarding the study, feel free to call me at 41168, NAKURU.

Thank you.

Yours sincerely,

Mrs. Josephine W. Maina,
c/o Maina Kamau,
K.P. & L. Com. Ltd.,
P.O. Box 104,
NAKURU.

University of Alberta
Edmonton

Department of Family Studies
Faculty of Home Economics

Canada T6G 2H1

801 General Services Building, Telephone (403) 432-5771

September, 1987

Dear Ms. _____

We are very grateful that you willingly participated in the study on Social Adjustment of Kenyan unmarried mothers. Without you the study would not have been the success it has become.

We are now able to identify some of the needs of single mothers. Such information is not only important to all Kenyan, but is also a great contribution to what is already known about unmarried mothers in others parts of the world.

We want you to know we appreciate your cooperation. Thank you very much.

Yours truly,

Josephine Wagio Maina,
Master's Graduate Student,
University of Alberta,
Edmonton, Alberta.
Canada.

Dr. Brenda Munro,
Assistant Professor,
Department of Family Studies,
University of Alberta,
Edmonton, Alberta.

JWM/ah

APPENDIX B

Consent Form

Personal Code Number: _____

Name: _____

Address: _____

_____

_____

Telephone Number: _____

I am willing to participate in the study on Social Adjustment of Kenyan Unwed Mothers. I would like _____ ; not like ____ to receive a summary of the results once the study is complete.

Signed: _____

Date: _____

APPENDIX C

Demographic Information

Please fill in the appropriate information in the space provided and a tick ( ) in the brackets ( ) provided to indicate your answer.

Personal Code Number: _____

1. How old are you now? _____
2. How old were you when you gave birth to your first child? _____
3. How many children do you have? _____
4. Please write the ages of the youngest and the oldest children in the space provided below:

   Youngest: _____

   Oldest: _____
5. At the end of which class did you stop going to school?

   STD. 7 ( ), STD. 8 ( ), FORM 1 ( ), FORM 2 ( )

   FORM 3 ( ), FORM 4 ( ), HIGHER ( ), COLLEGE ( )
6. Are you employed? Yes ( ), No ( )

   If Yes, how long have you been employed? _____

   What kind of job do you have? _____
7. Did you go for training for the job? Yes ( ), No ( )

   Not applicable ( )

8. How much do you earn per month?

   Sh. 100 - Sh. 499 ( )

   Sh. 500 - Sh. 1,999 ( )

   Sh. 1,000 - Sh. 1,499 ( )

   Sh. 1,500 - Sh. 1,999 ( )

   Sh. 2,000 - Sh. 2,499 ( )

   Sh. 2,500 - Sh. 2,999 ( )

   Sh. 3,000 - Sh. 3,499 ( )

   Sh. 3,500 - Sh. 3,999 ( )

   Over Sh. 4,000 ( )

9. How often do you receive financial support from your parents?

   More than 12 times a year ( )

   8 to 11 times a year ( )

   4 to 7 times a year ( )

   1 to 3 times a year ( )

   I do not receive financial support from them. ( )

10. Are you a born-again Christian? Yes ( ) No ( )

11. How important is your religion to you?

   Very unimportant ( )

   Unimportant ( )

   Important ( )

   Very Important ( )

12. Are your parents still living together?

Yes ( ) No ( )

If not, are they:

Separated ( )

Widowed ( )

Mother has never been married ( )

FOR UNMARRIED MOTHERS ONLY

13. Do you know your child's (children's) father?

Yes ( ) No ( )

If YES, how often do you meet with him to talk or share problems related to the child (children)?

Once a week ( )

Once a month ( )

Very rarely ( )

Never ( )

14. Are you dating someone currently? Yes ( ) No ( )

Is he the father of your child (children)?

Yes ( ) No ( ) Not applicable ( )

How frequently do you date that person?

Once a week ( )

Once a month ( )

Very rarely ( )

Never ( )

Not applicable ( )

APPENDIX D

Social Adjustment Self Report Questionnaire

Personal Code Number: _____

We are interested in finding out how you have been doing in the last one month. We would like you to answer some questions about your work, spare time and your family life. There are no right or wrong answers to these questions.

WORK OUTSIDE THE HOME

Please check the situation that best describes you.

I am 1. a full-time worker
2. a part-time worker
3. a part-time student
4. unemployed

Circle the answer that best describes how you have been in the last one month.

1. How many days did you miss from work in the last one month? (Do not include as days missed any days of scheduled leave).

1 = No days missed
2 = One day missed
3 = I missed about half the time
4 = Missed more than half the time but did make at least one day
5 = I did not work any days
6 = On leave all the time in the last one month

If you have not worked any days in the last one month, go to question 7.

2. Have you been able to do your work in the last one month?

1 = I did my work very well
2 = I did my work well but had some minor problems
3 = I needed help with my work and did not do well about half the time
4 = I did my work poorly most of the time
5 = I did my work poorly all the time

3. Have been ashamed of how you did your work in the last one month?

   1 = I never felt ashamed
   2 = Once or twice I felt ashamed
   3 = About half the time I felt ashamed
   4 = I felt ashamed most of the time
   5 = I felt ashamed all the time

4. Have you had any arguments with people at work in the last one month?

   1 = I had no arguments and got along well
   2 = I usually got along well but had minor arguments
   3 = I had more than one argument
   4 = I had many arguments
   5 = I was constantly in arguments

5. Have you felt upset, or uncomfortable while doing your work in the last one month?

   1 = I never felt upset
   2 = Once or twice I felt upset
   3 = Half the time I felt upset
   4 = I felt upset most of the time
   5 = I felt upset all the time

6. Have you found your work interesting in the last one month?

   1 = My work was almost always interesting
   2 = Once or twice my work was not interesting
   3 = Half the time my work was uninteresting
   4 = Most of the time my work uninteresting
   5 = My work was always uninteresting

7. How many days did you do some housework during the last one month?

   1 - Every day
   2 = I did the housework almost every day
   3 = I did the housework about half the time
   4 = I usually did not do the housework
   5 = I was completely unable to do housework
   6 = I was away from home all the time in the last one month

8. During the last one month, have you kept up with your housework? This includes cooking, cleaning, laundry, grocery shopping and errands.

   1 = I did my work very well
   2 = I did my work but had some minor problems
   3 = I needed help with my work and did not do it about half the time
   4 = I did my work poorly most of the time
   5 = I did my work poorly all the time

9. Have you been ashamed of how you did your housework during the last one month?

   1 = I never felt ashamed
   2 = Once or twice I felt a little ashamed
   3 = About half the time I felt ashamed
   4 = I felt ashamed most of the time
   5 = I felt ashamed all the time

10. Have you had any arguments with shopkeepers, tradesmen/tradewomen or neighbours in the last one month?

    1 = I had no arguments and got along well
    2 = I usually got along well but had minor arguments
    3 = I had more than one argument
    4 = I had many arguments
    5 = I was constantly in arguments

11. Have you felt upset while doing your housework during the last one month?

    1 = I never felt upset
    2 = Once or twice I felt upset
    3 = Half the time I felt upset
    4 = I felt upset most of the time
    5 = I felt upset all the time

12. Have you found your housework interesting in the last one month?

    1 = My work was almost always interesting
    2 = Once or twice my work was not interesting
    3 = Half the time my work was uninteresting
    4 = Most of the time my work uninteresting
    5 = My work was always uninteresting

SPARE TIME EVERYONE ANSWER QUESTIONS 13-23

13. How many friends have you seen or spoken to on the telephone in the last one month?

    1 = Nine or more friends
    2 = Five to eight friends
    3 = Two to four friends
    4 = One friend
    5 = No friend

14. Have you been able to talk about your feelings and problems with at least one friend during the last month?

    1 = I can always talk about my innermost feelings
    2 = I usually can talk about my feelings
    3 = About half the time I felt able to talk about my feelings
    4 = I usually was not able to talk about my feelings
    5 = I was never able to talk about my feelings
    8 = Not applicable, I have no friends

15. How many times in the last one month have you gone out socially with other people? For example, visited friends, games, church, restaurants or invited friends to your home?

    1 = More than three times
    2 = Three times
    3 = Twice
    4 = Once
    5 = None

16. How much have you spent on hobbies or spare time interests during the last one month? For example, sewing, gardening, sports or reading?

    1 = I spent most of my spare time on hobbies almost every day
    2 = I spent some spare time on hobbies some of the days
    3 = I spent a little spare time on hobbies
    4 = I usually did not spend any time on hobbies, but did watch TV
    5 = I did not spend any spare time on hobbies or watching TV

17. Have you had any open arguments with your friends in the last one month?

1 = I had no arguments and got along very well
2 = I usually got along well but had minor arguemtns
3 = I had more than one argument
4 = I had many arguments
5 = I was constantly in arguments
6 = Not applicable, I have no friends

18. If your feelings were hurt or offended by a friend, how badly did you take it?

1 = It did not affect me or it did not happen
2 = It got over it in a few hours
3 = I got over it in a few days
4 = I got over it in a week
5 = It will take me a few months to recover
6 = Not applicable, I have no friends

19. Have you felt shy or uncomfortable with people in the last one month?

1 = I always felt comfortable
2 = Sometimes I felt uncomfortable but could relax after a while
3 = About half the time I felt uncomfortable
4 = I usually felt uncomforable
5 = I always felt uncomfortable
6 = Not applicable, I was never with people

20. Have you felt lonely and wished for more friends during the last one month?

1 = I have never felt lonely
2 = I have felt lonely a few times
3 = About half the time I felt lonely
4 = I usually felt lonely
5 = I always felt lonely and wished for more friends

21. Have you felt bored in your spare time during the last one month?

1 = I never felt bored
2 = I usually did not feel bored
3 = About half the time I felt bored
4 = Most of the time I felt bored
5 = I was constantly felt bored

22. How many times have you been with a date the last one month?

    1 = More than three
    2 = Three times
    3 = Twice
    4 = Once
    5 = Never

23. Have you been interested in dating during the last one month? If you have not dated, would you have like to?

    1 = I was always interested in dating
    2 = Most of the time I was interested
    3 = About half of the time I was interested
    4 = Most of the time I was not interested
    5 = I was completely uninterested

Answer Questions 24-29 about your parents, brothers, sisters and children not living at home. have you been in contact with any of these relatives in the last one month? If yes, answer questions 24-31. If no, go to question 30. Circle the answer that best describes how you have been in the last one month.

24. Have you had open arguments with your relatives in the last one month?

    1 = We always got along very well
    2 = We usually got along well but had some minor arguments
    3 = I had more than one argument with at least one relative
    4 = I had many arguments
    5 = I was constantly in arguments

25. Have you been able to talk about your feelings and problems with at least one of your relatives in the last one month?

    1 = I can always talk about my feelings with at least one relative
    2 = I usually can talk about my feelings
    3 = About half the time I felt able to talk about my feelings
    4 = I usually was not able to talk about my feelings
    5 = I was never able to talk about my feelings

26. Have you avoided contact with your relatives in the last one month?

1 = I have contacted relatives regularly
2 = I have contacted a relative at lest once
3 = I have waited for my relatives to contact me
4 = I avoided my relatives, but they contacted me
5 = I have had no contact with any relatives

27. Did you depend on your relatives for help, advice, money or friendship during the last one month?

1 = I never need to depend on them
2 = I usually did not depend on them
3 = About half the time I needed to depend on them
4 = Most of the time I depend on them
5 = I depend completely on them

28. Have you wanted to do the opposite of what your relatives wanted in order to make them angry during the last one month?

1 = I never wanted to oppose them
2 = Once or twice I wanted to oppose them
3 = About half the time I wanted to oppose them
4 = Most of the time I wanted to oppose them
5 = I always oppose them

29. Have you been worried about things happening to your relatives without good reason in the last one month?

1 = I have not worried without reason
2 = Once or twice I worried
3 = About half the time I worried
4 = Most of the time I worried
5 = I have worried the entire time
6 = Not applicable, my relatives are no longer living

EVERYONE answer Questions 30 and 31, even if your relatives are not living.

30. During the last one month, have you been thinking that you have let any of your relatives down or have been unfair to them at any time?

1 = I did not feel that I let them down at all
2 = I usually did not feel that I let them down
3 = About half the time I felt that I let them down
4 = Most of the time I have felt that I let them down
5 = I always felt that I let them down

31. During the last one month, have you been thinking that any of your relatives have let you down or have been unfair to you at any time?

1 = I never felt that they let me down
2 = I felt that they usually did not let me down
3 = About half the time I felt they let me down
4 = I usually have felt that they let me down
5 = I am very bitter that they let me down

CHILDREN

32. Have you been interested in what your children are doing, friends, school, play or hobbies during the last one month?

1 = I was always interested and actively involved
2 = I was usually interested and involved
3 = About half the time interested, and half the time not interested
4 = I was usually uninterested
5 = I was always uninterested

33. Have you been able to talk and listen to your children during the last one month? Include only children over the age of 2.

1 = I was always able to communicate with them
2 = I was usually able to communicate with them
3 = About half the time I could communicate
4 = I was not usually able to communicate with them
5 = I was completely unable to communicate with them
6 = Not applicable, no children under the age of 2

34. How have you been getting along with the children during the last one month?

1 = I had no arguments and got along very well
2 = I usually got along well but had minor arguemtns
3 = I had more than one argument
4 = I had many arguments
5 = I was constantly in arguments

35. How have you felt towards our children within the last one month?

1 = I always felt affection
2 = I mostly felt affection
3 = About half the time, I felt affection
4 = Most of the time I did not feel affection
5 = I never felt affection towards them

FINANCIAL - EVERYONE PLEASE ANSWER QUESTION 36

36. Have you had enough money to take care of your own and your family's financial needs during the last one month?

1 = I had enough money for needs
2 = I usually had enough money with minor problems
3 = About half the time, I did not have enough money but did not have to borrow money
4 = I usually did not have enough money and had to borrow from others
5 = I had great financial problems

APPENDIX E

The General Well-Being Schedule

Personal Code Number: _____

This section contains questions about how you feel and how things have been with you. For each question, check (X) the answer which best applies to you.

1. How have you been feeling in general during the past one month?

   1. ( ) In excellent spirits
   2. ( ) In very good spirits
   3. ( ) In good spirits mostly
   4. ( ) I have been up and down in spirits a lot
   5. ( ) In low spirits mostly
   6 ( ) In very low spirits

2. How often were you bothered by any illness, bodily disorder, aches or pains during the past one month?

   1. ( ) Every day
   2. ( ) Almost every day
   3. ( ) About half of the time
   4. ( ) Now and then, but less than half of the time
   5. ( ) Rarely
   6. ( ) None of the time

3. Did you feel depressed during the past one month?

   1. ( ) Yes -- to the point that I felt like taking my life
   2. ( ) Yes -- to the point that I did not care about anything
   3. ( ) Yes -- very depressed almost every day
   4. ( ) Yes -- quite depressed several times
   5. ( ) Yes -- a little depressed now and then
   6. ( ) No -- never felt depressed at all

4. Have you been in firm control of your behavior, thoughts, emotions or feelings during the past one month?

   1. ( ) Yes, definitely
   2. ( ) Yes, for the most part
   3. ( ) Generally so
   4. ( ) Not too well
   5. ( ) No, and I am somewhat disturbed
   6. ( ) No, and I am very disturbed

5. How energetic, gay or vitality did you feel during the past one month?

1. ( ) Very full of energy - very gay
2. ( ) Fairly energetic most of the time
3. ( ) My energy level varied quite a bit
4. ( ) Generally low in energy, less gay
5. ( ) Very low in energy or gay most of the time
6. ( ) Not energetic at all - I felt drained, sapped

6. Have you been worried during the past one month?

1. ( ) Extremely so - to the point where I could not work or take care of things
2. ( ) Very much so
3. ( ) Quite a bit
4. ( ) Some - enough to both me
5. ( ) A little
6. ( ) Not at all

7. How happy, satisfied, or pleased have you been with your personal life during the past one month?

1. ( ) Extremely happy - could not have been more satisfied or pleased
2. ( ) Very happy most of the time
3. ( ) Generally satisfied - pleased
4. ( ) Sometimes fairly happy, sometimes fairly unhappy
5. ( ) Generally dissatisfied, unhappy
6. ( ) Very dissatisfied or unhappy most or all the time

8. Did you feel healthy enough to carry out the things that you like to do or had to do during the past one month?

1. ( ) Yes - definitely so
2. ( ) For the most part
3. ( ) Health problems limited me in some important ways
4. ( ) I was only healthy enough to take care of myself
5. ( ) I needed some help in taking care of myself
6. ( ) I needed someone to help me with most or all the things I had to do

9. Have you felt so sad, discouraged, hopeless, or had so many problems that you wondered if anything was worthwhile during the past month?

1. ( ) Completely self confident
2. ( ) Very high in self confidence
3. ( ) Fairly high in self confidence
4. ( ) A little low in self confidence
5. ( ) Very low in self confidence
6. ( ) Not at all self confident

10. Have you felt you were under any strain, stress, or pressure during the past month?

1. ( ) Yes - almost more than I could bear or stand
2. ( ) Yes - quite a bit of pressure
3. ( ) Yes - some - more than usual
4. ( ) Yes - some - but about usual
5. ( ) Yes - a little
6. ( ) Not at all

11. Have you been concerned, worried or had any fears about your health during the past month?

1. ( ) Extremely so
2. ( ) Very much so
3. ( ) Quite a bit
4. ( ) Some, but not a lot
5. ( ) Particularly never
6. ( ) Not at all

12. Were you generally tense or did you feel any tension during the past month?

1. ( ) Yes - extremely tense, most or all the time
2. ( ) Yes - very tense most of the time
3. ( ) Not generally tense, but did feel fairly tense several times
4. ( ) I felt a little tense a few times
5. ( ) I cried, but did not feel any better
6. ( ) I wanted to cry, but could not cry even when I tried

13. Have you had any reason to wonder if you were losing your mind, or losing control over the way you act, talk, think, feel or of your memory during the past month?

1. ( ) Not at all
2. ( ) Only a little bit
3. ( ) Some - but not enough to be concerned or worried about
4. ( ) Some and I have been a little concerned
5. ( ) Some and I am quite concerned
6. ( ) Yes, very much so and I am very concerned

14. Did you feel active, vigorous, or dull, sluggish during the past month?

1. ( ) Very active, vigorous every day
2. ( ) Mostly active, vigorous - never really dull, sluggish
3. ( ) Fairly active, vigorous - rarely dull, sluggish
4. ( ) Fairly dull, sluggish - rarely active
5. ( ) Mostly dull, sluggish - never really active, vigorous
6. ( ) Very dull, sluggish every day

15. Have you been anxious, worried or upset during the past month?

1. ( ) Extremely so - to the point of being sick or almost sick
2. ( ) Very much so
3. ( ) Quite a bit
4. ( ) Some - enough to both me
5. ( ) A little bit
6. ( ) Not at all

16. Did you <u>say</u> or <u>do</u> anything that may have caused someone to wonder if you were emotionally or mentally disturbed during the past month?

1. ( ) Yes - definitely so
2. ( ) Yes - I probably did
3. ( ) I think I did, but I am not too sure
4. ( ) I do not think so, but I may have
5. ( ) No - but I came close to doing so
6. ( ) No - definitely not

17. Did you feel relaxed, at ease or under high tension during the past month?

1. ( ) Felt relaxed and at ease the whole month
2. ( ) Felt relaxed and at ease most of the time
3. ( ) Generally felt relaxed but at times felt fairly tense
4. ( ) Generally felt high under tension, but at times felt fairly relaxed
5. ( ) Felt high under tension most of the time
6. ( ) Felt high under tension the whole month

18. My daily life was full of things that were interesting to me during the past month.

1. ( ) None of the time
2. ( ) A little of the time
3. ( ) Some of the time
4. ( ) A good bit of the time
5. ( ) Most of the time
6. ( ) All of the time

19. I felt downhearted and blue during the past month.

1. ( ) None of the time
2. ( ) A little of the time
3. ( ) Some of the time
4. ( ) A good bit of the time
5. ( ) Most of the time
6. ( ) All of the time

20. I felt tired, worn out, used up, or exhausted during the past month.

1. ( ) None of the time
2. ( ) A little of the time
3. ( ) Some of the time
4. ( ) A good bit of the time
5. ( ) Most of the time
6. ( ) All of the time

21. I felt cheerful, lighthearted during the past month.

1. ( ) None of the time
2. ( ) A little of the time
3. ( ) Some of the time
4. ( ) A good bit of the time
5. ( ) Most of the time
6. ( ) All of the time

22. I was emotionally stable and sure of myself during the past month.

1. ( ) None of the time
2. ( ) A little of the time
3. ( ) Some of the time
4. ( ) A good bit of the time
5. ( ) Most of the time
6. ( ) All of the time

23. I woke up feeling fresh and rested during the past month.

1. ( ) None of the time
2. ( ) A little of the time
3. ( ) Some of the time
4. ( ) A good bit of the time
5. ( ) Most of the time
6. ( ) All of the time

APPENDIX F

Adapted F-COPES: Social Support Scale

Personal Code Number: _____

As a way of dealing with the issues related to parenting as a single mother, how many times (approximately) would you say you did the following in the last one month: (Answer by circling the number 1-4 of your response).

1. (5) Seeking advice from relatives.

   (1) none; (2) 1-5; (3) 5-10; (4) more than 10

   Would you say doing this was helpful?

1	2	3	4
Extremely Helpful	Moderately Helpful	Minimally Helpful	Not Helpful

2. (2) Seeking encouragement from friends.

   (1) none; (2) 1-5; (3) 5-10; (4) more than 10

   Would you say doing this was helpful?

1	2	3	4
Extremely Helpful	Moderately Helpful	Minimally Helpful	Not Helpful

3. (1) Sharing difficulties with relatives.

   (1) none; (2) 1-5; (3) 5-10; (4) more than 10

   Would you say doing this was helpful?

1	2	3	4
Extremely Helpful	Moderately Helpful	Minimally Helpful	Not Helpful

4. (25) Asking relatives how they feel about problems we face.

   (1) none; (2) 1-5; (3) 5-10; (4) more than 10

   Would you say doing this was helpful?

1	2	3	4
Extremely Helpful	Moderately Helpful	Minimally Helpful	Not Helpful

5. (4) Seeking information and advice from persons in other families who have faced the same or similar problems.

(1) none; (2) 1-5; (3) 5-10; (4) more than 10

Would you say doing this was helpful?

1	2	3	4
Extremely Helpful	Moderately Helpful	Minimally Helpful	Not Helpful

6. (10) Asking neighbours for favours and assistance.

(1) none; (2) 1-5; (3) 5-10; (4) more than 10

Would you say doing this was helpful?

1	2	3	4
Extremely Helpful	Moderately Helpful	Minimally Helpful	Not Helpful

7. (16) Sharing concerns with close friends.

(1) none; (2) 1-5; (3) 5-10; (4) more than 10

Would you say doing this was helpful?

1	2	3	4
Extremely Helpful	Moderately Helpful	Minimally Helpful	Not Helpful

8. (29) Sharing problems with neighbours.

(1) none; (2) 1-5; (3) 5-10; (4) more than 10

Would you say doing this was helpful?

1	2	3	4
Extremely Helpful	Moderately Helpful	Minimally Helpful	Not Helpful

9. (20) Doing things with relatives (get-togethers, dinners, etc).

(1) none; (2) 1-5; (3) 5-10; (4) more than 10

Would you say doing this was helpful?

1	2	3	4
Extremely Helpful	Moderately Helpful	Minimally Helpful	Not Helpful

10. (14) Attending church services.

(1) none; (2) 1-5; (3) 5-10; (4) more than 10

Would you say doing this was helpful?

1	2	3	4
Extremely Helpful	Moderately Helpful	Minimally Helpful	Not Helpful

11. (23) Participating in church activities.

(1) none; (2) 1-5; (3) 5-10; (4) more than 10

Would you say doing this was helpful?

1	2	3	4
Extremely Helpful	Moderately Helpful	Minimally Helpful	Not Helpful

12. (27) Seeking advice from a minister (Church Minister).

(1) none; (2) 1-5; (3) 5-10; (4) more than 10

Would you say doing this was helpful?

1	2	3	4
Extremely Helpful	Moderately Helpful	Minimally Helpful	Not Helpful

13. (30) Praying and having faith in God.

(1) none; (2) 1-5; (3) 5-10; (4) more than 10

Would you say doing this was helpful?

1	2	3	4
Extremely Helpful	Moderately Helpful	Minimally Helpful	Not Helpful

14. (21) Seeking professional counselling and help for family difficulties.

(1) none; (2) 1-5; (3) 5-10; (4) more than 10

Would you say doing this was helpful?

1	2	3	4
Extremely Helpful	Moderately Helpful	Minimally Helpful	Not Helpful

15. (6) Seeking assistance from community agencies and programs designed to help single parent families.

(1) none; (2) 1-5; (3) 5-10; (4) more than 10

Would you say doing this was helpful?

1	2	3	4
Extremely Helpful	Moderately Helpful	Minimally Helpful	Not Helpful

16. (9) Seeking information and advice from the family doctor or gynaecologist.

(1) none; (2) 1-5; (3) 5-10; (4) more than 10

Would you say doing this was helpful?

1	2	3	4
Extremely Helpful	Moderately Helpful	Minimally Helpful	Not Helpful

17. (8) Accepting gifts and favours from neighbours.

(1) none; (2) 1-5; (3) 5-10; (4) more than 10

Would you say doing this was helpful?

1	2	3	4
Extremely Helpful	Moderately Helpful	Minimally Helpful	Not Helpful

NOTE: The numbers in brackets indicate the item number on the F-COPES Scale.